

# ONE

Words and Music by  
James Hetfield and Lars Ulrich

Moderately

Bm

Gmaj7(no3rd)

Bm

*mf*  
R.H.

Gmaj7(no3rd)

Bm

D/A

Gmaj7(no3rd)

1.

N.C.

2.

N.C.

Bm

Gmaj7(no3rd)

Bm

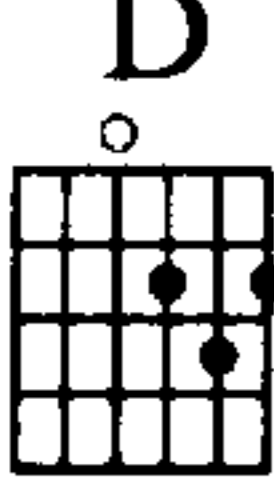
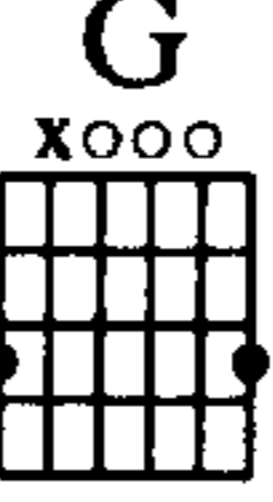
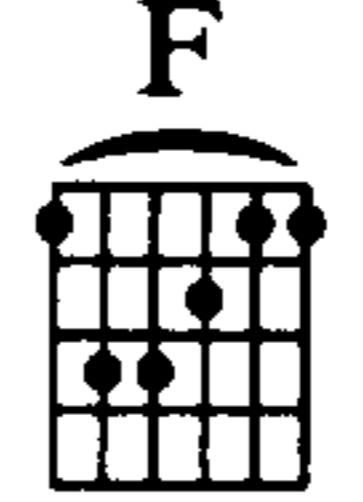
Gmaj7(no3rd)

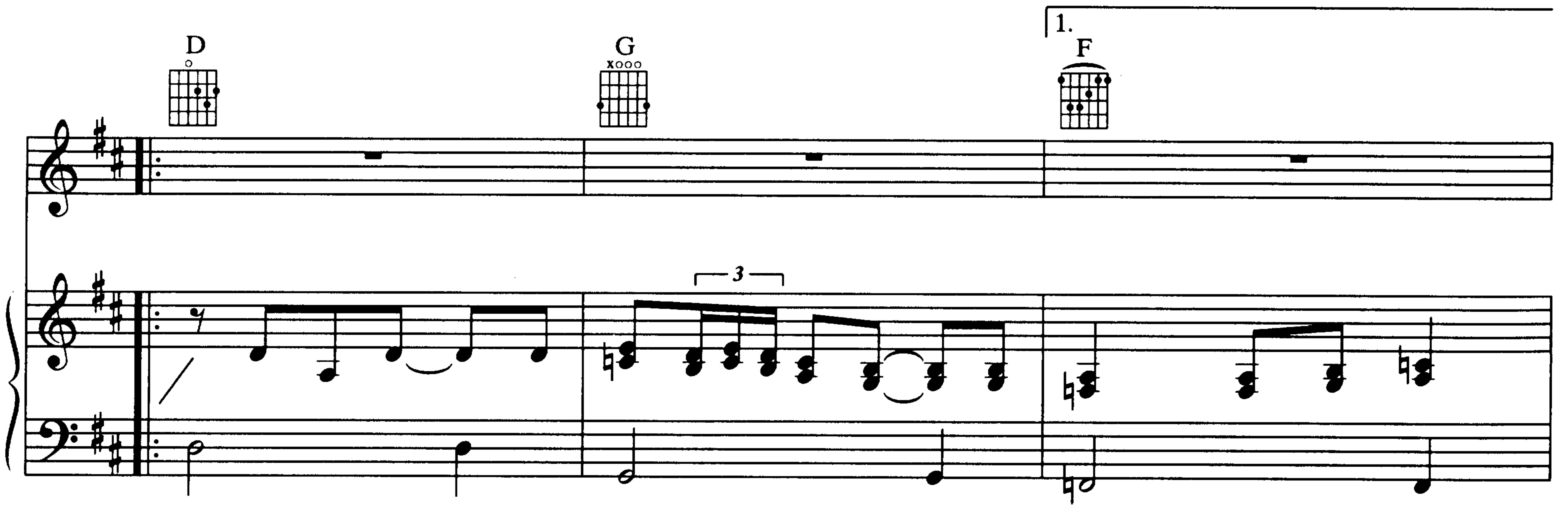
Bm

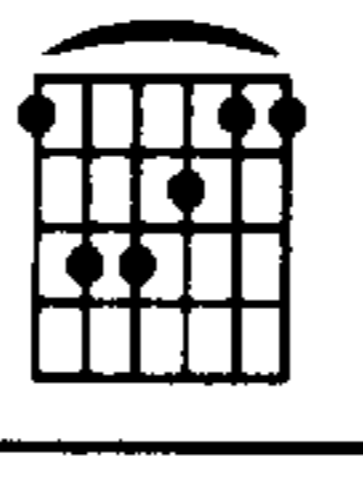
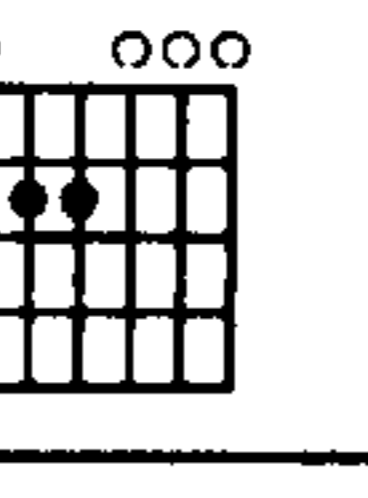
D/A

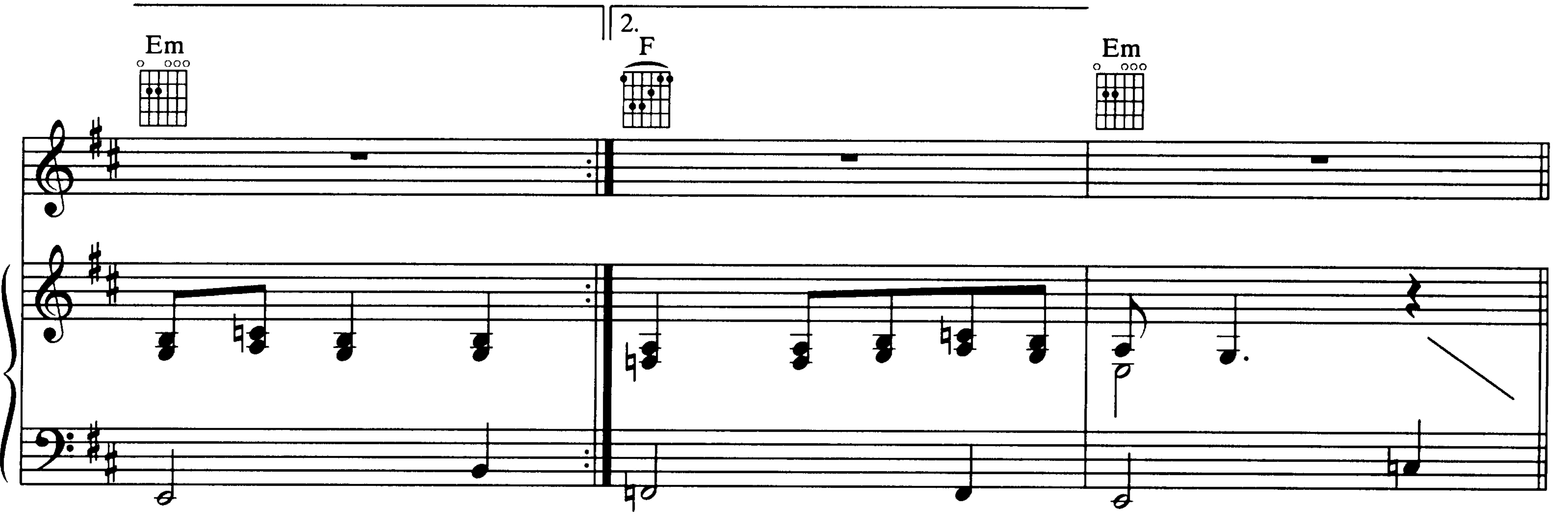
Gmaj7(no3rd)

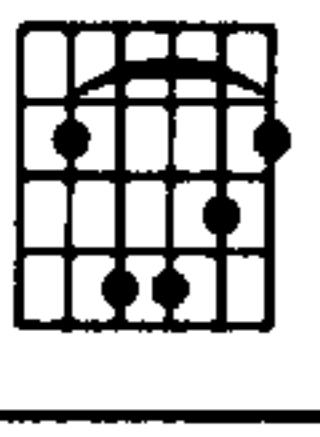
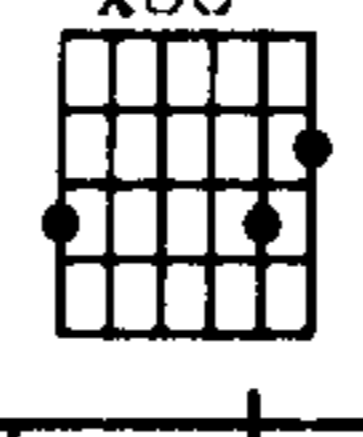
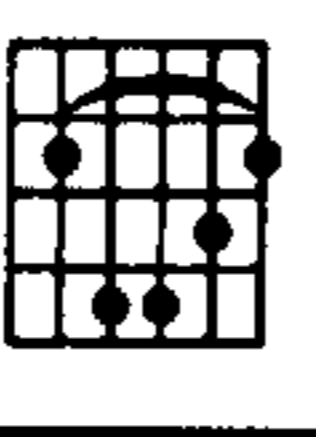
N.C.

D  G  1. F 

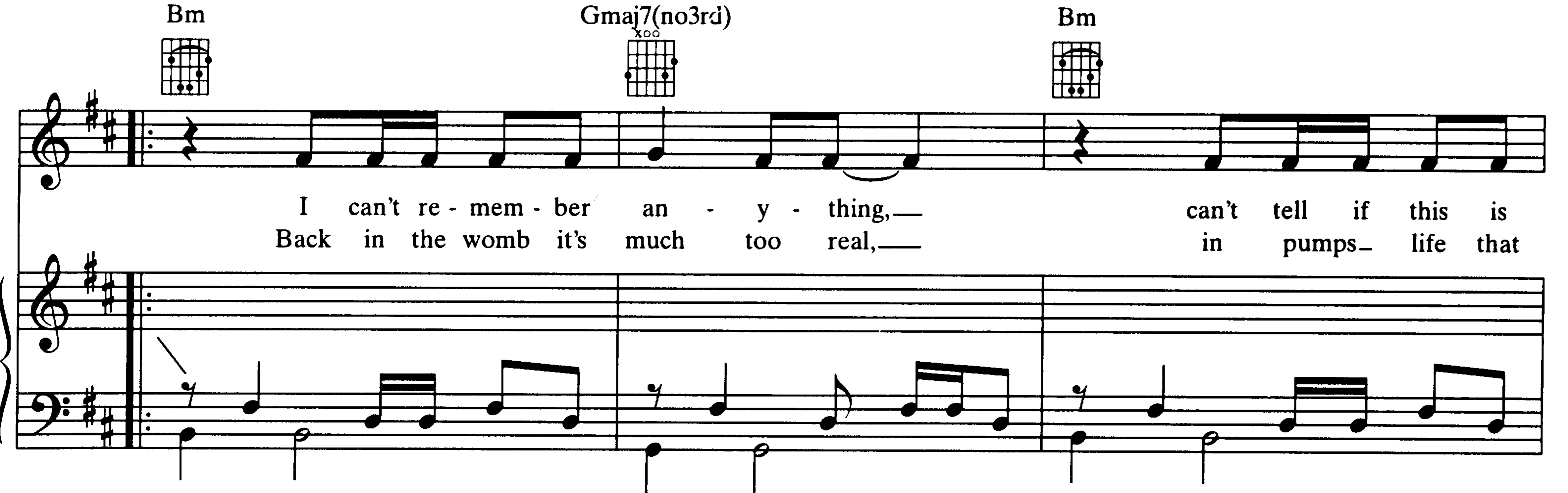


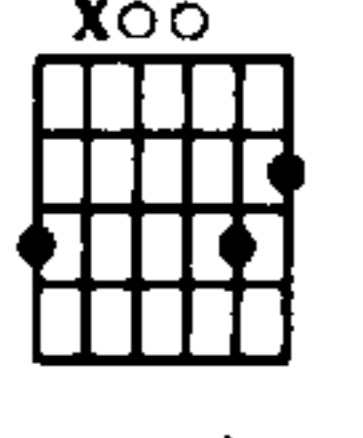
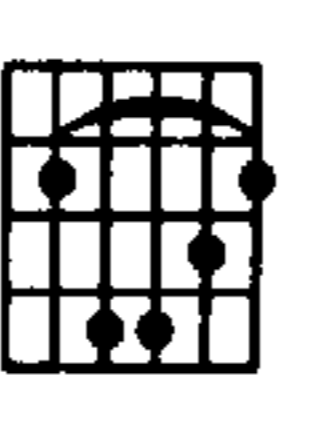
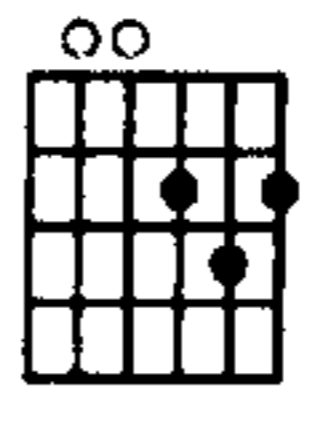
Em  2. F  Em 



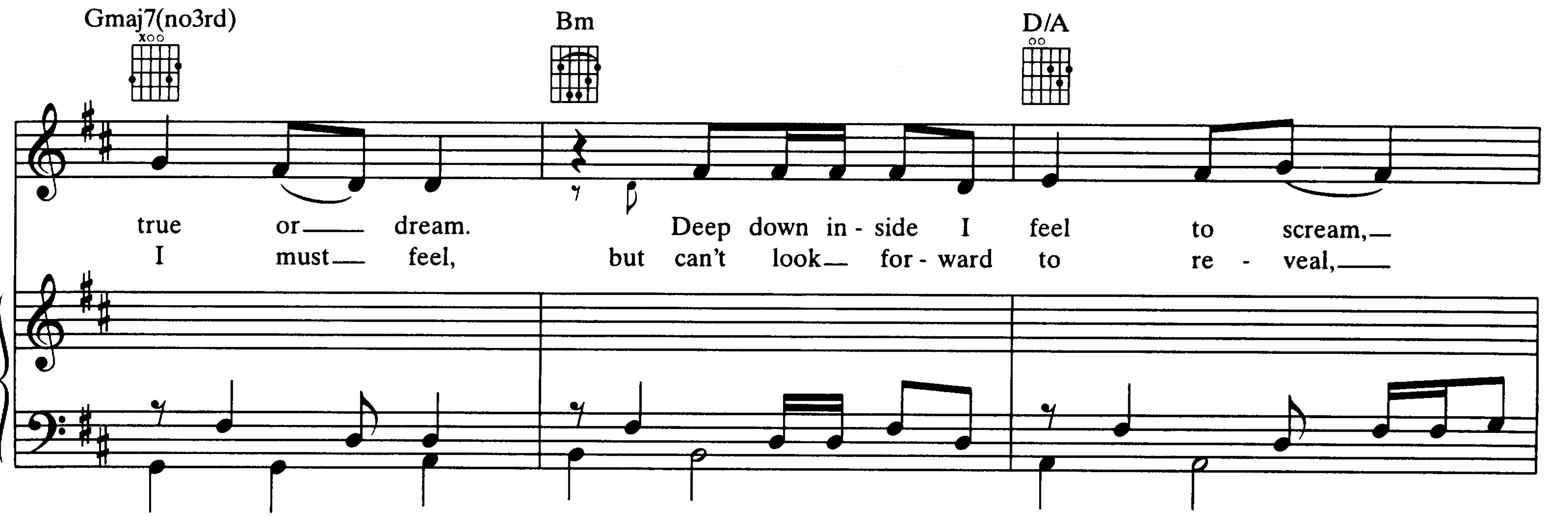
Bm  Gmaj7(no3rd)  Bm 

I can't re - mem - ber an - y - thing, — can't tell if this is  
 Back in the womb it's much too real, — in pumps - life that

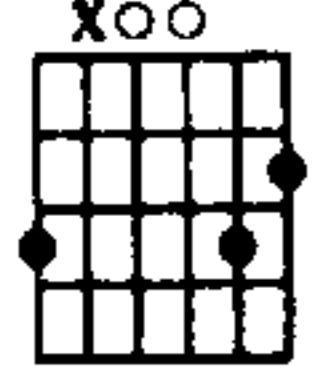


Gmaj7(no3rd)  Bm  D/A 

true or — dream. Deep down in - side I feel to scream, —  
 I must — feel, but can't look — for - ward to re - veal, —



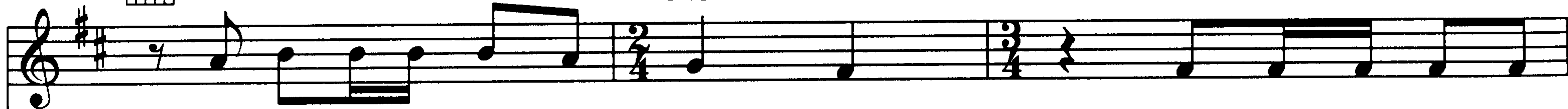
Gmaj7(no3rd)



Bm



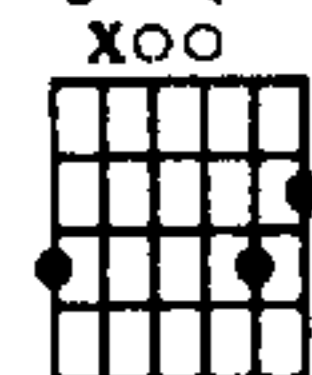
N.C.



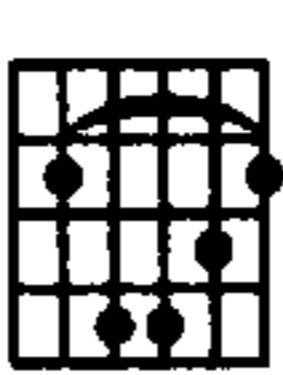
this ter - ri - ble si - lence stops me. Now that the war is  
look to the time when I'll live. Fed through the tube that



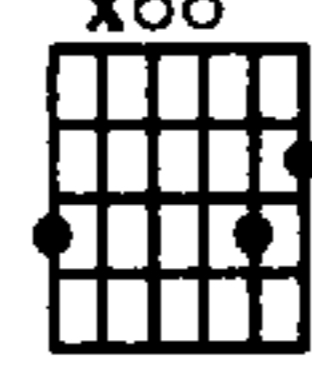
Gmaj7(no3rd)



Bm



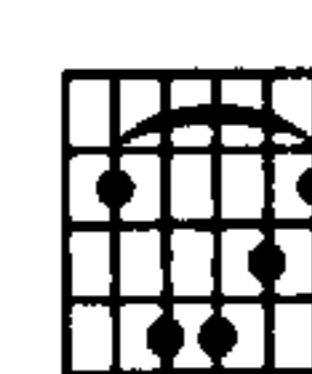
Gmaj7(no3rd)



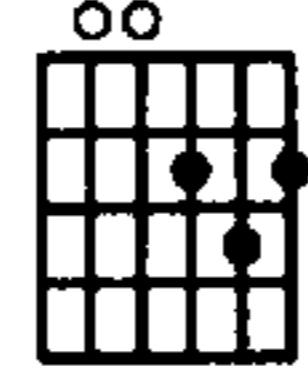
through with me, — I'm wak - ing up I can - not — see  
sticks in me, — just like a war - time nov - el - ty;



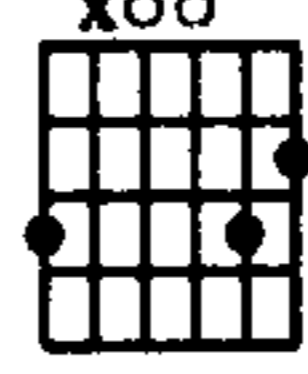
Bm



D/A



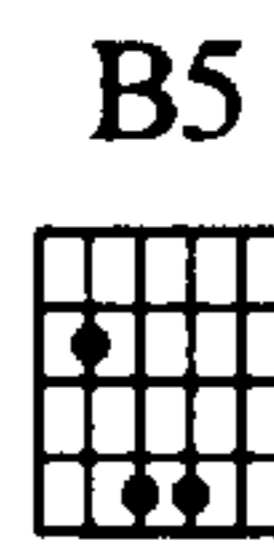
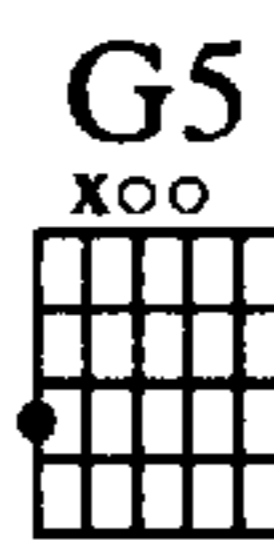
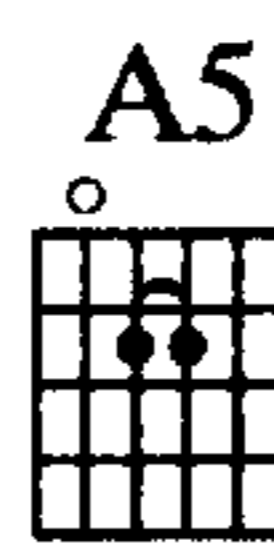
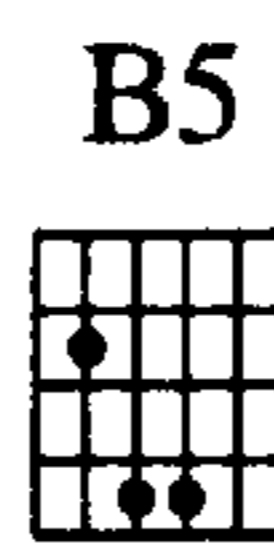
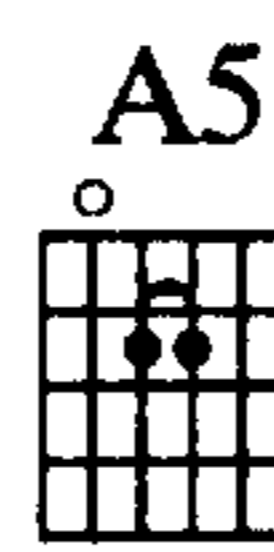
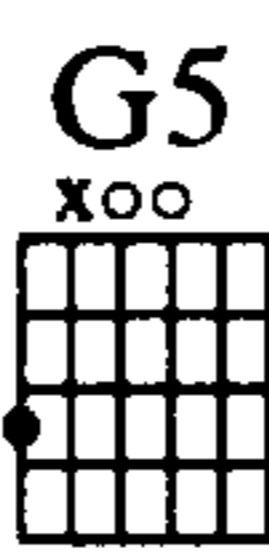
Gmaj7(no3rd)



that there's not much left to me. — Noth - ing is real but  
tied to ma - chines that make me be. — Cut this — life off



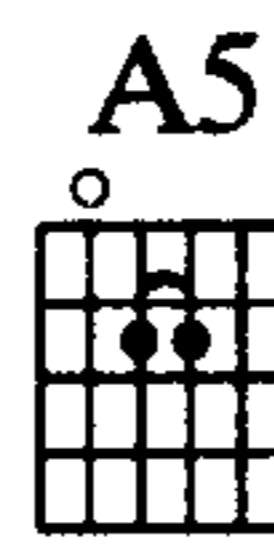
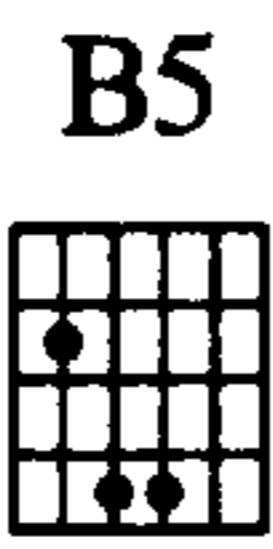
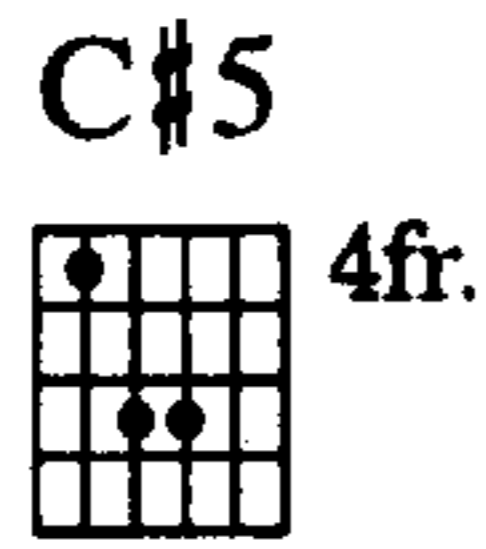
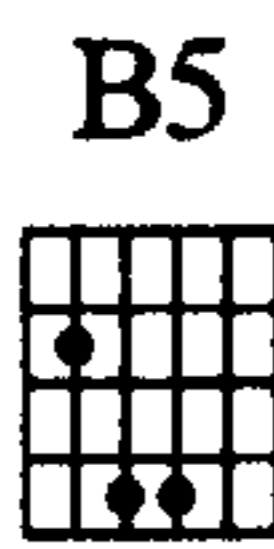
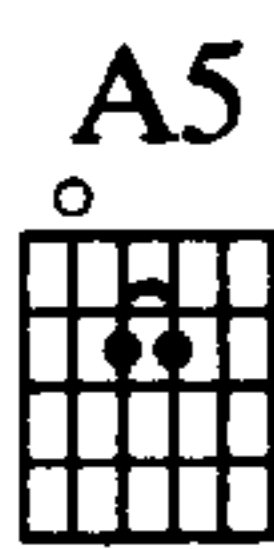
N.C.



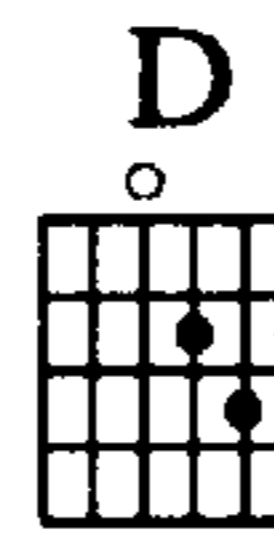
Musical staff with treble clef, key signature of two sharps (F# and C#), and 2/4 time signature. The melody consists of quarter notes: G4, A4, B4, C5, B4, A4, G4.

pain from now! } Hold my breath as I wish for death.\_

Piano accompaniment for the first system, showing treble and bass clefs. The bass line features a 7/8 time signature for the first two measures, then changes to 6/4 for the remainder of the system.



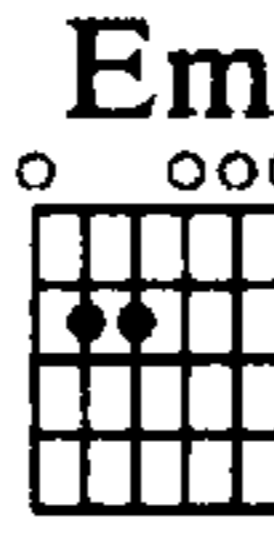
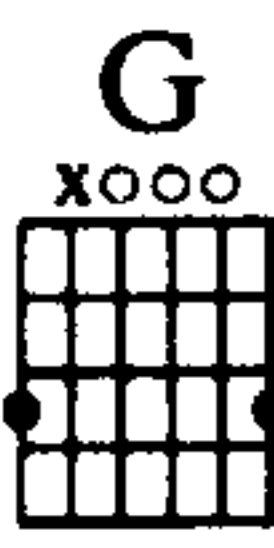
N.C.



Musical staff with treble clef, key signature of two sharps, and 3/4 time signature. The melody consists of a half note G4, followed by a quarter note A4, and a dotted half note B4.

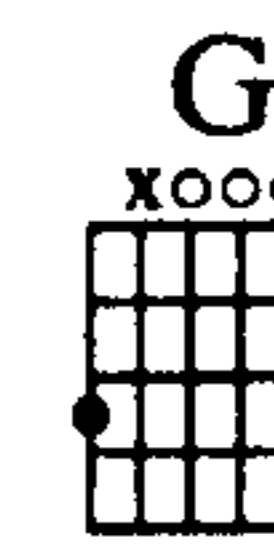
Oh please God, wake me!\_

Piano accompaniment for the second system, showing treble and bass clefs. The bass line features a 7/8 time signature for the first two measures, then changes to 3/4 for the remainder of the system.



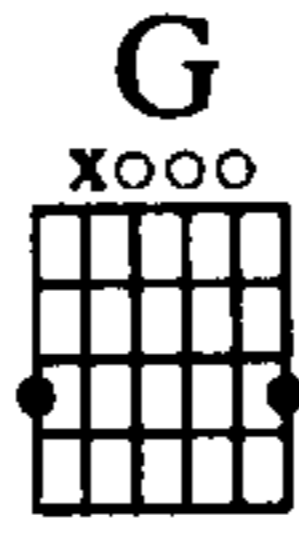
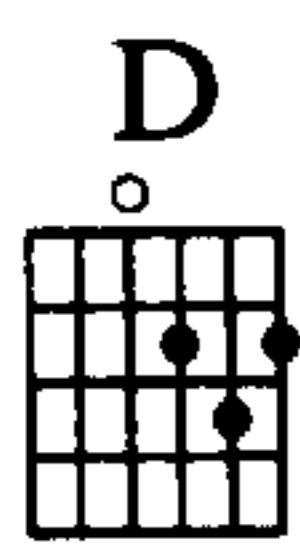
Musical staff with treble clef, key signature of two sharps, and 3/4 time signature. The melody consists of a half note G4, followed by a half note F4, and a quarter rest.

Piano accompaniment for the third system, showing treble and bass clefs. The treble line features a triplet of eighth notes in the first measure.

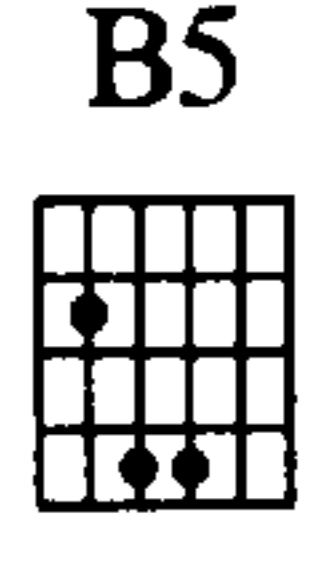
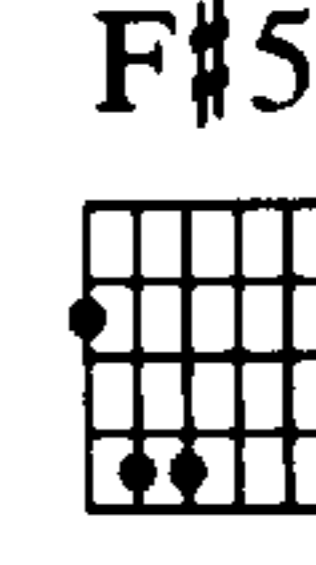
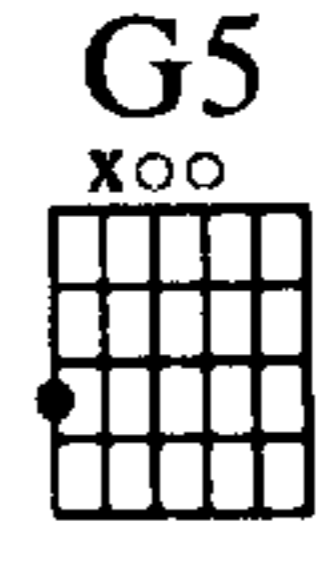
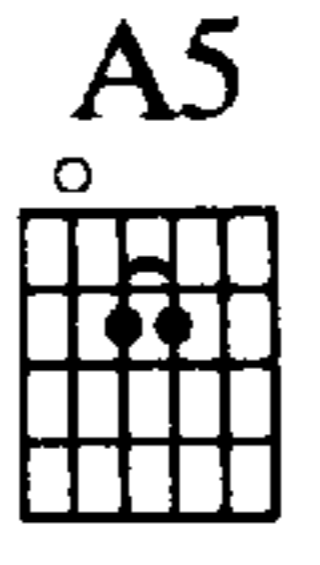
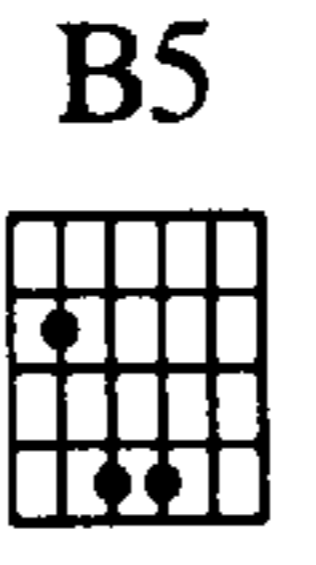
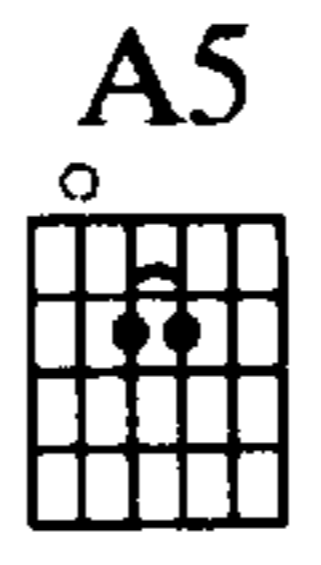
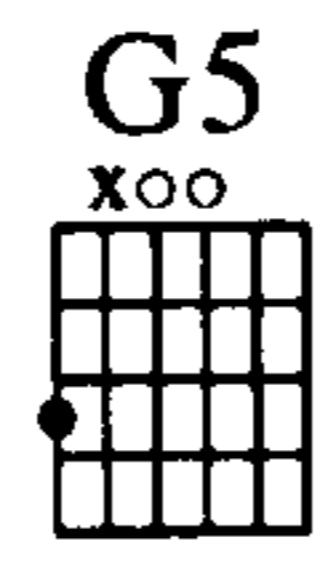
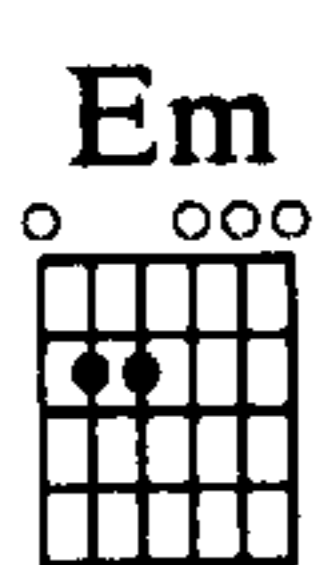


Musical staff with treble clef, key signature of two sharps, and 3/4 time signature. The melody consists of a half note G4, followed by a half note F4, and a quarter rest.

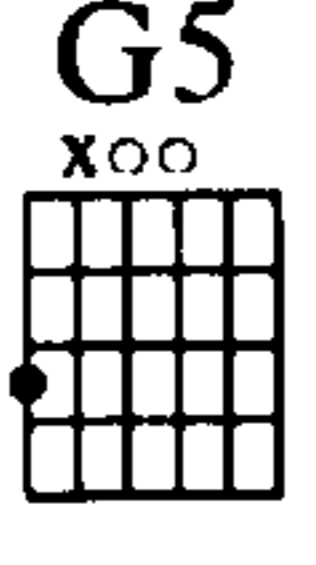
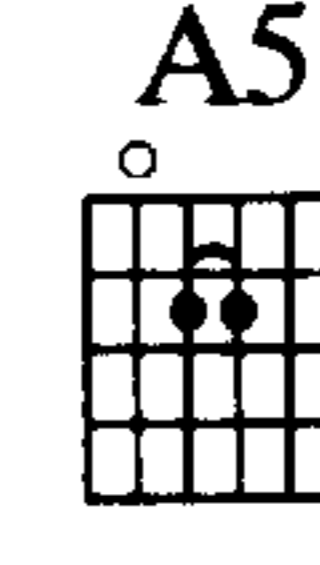
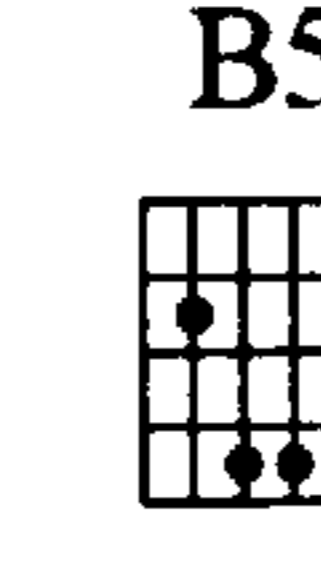
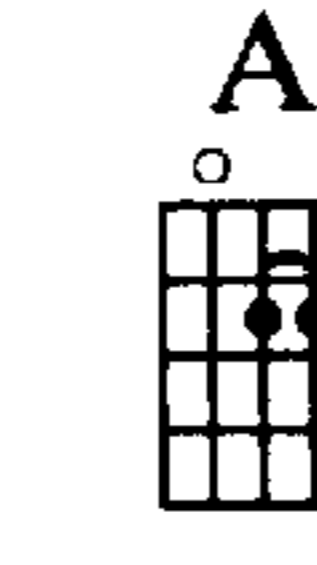
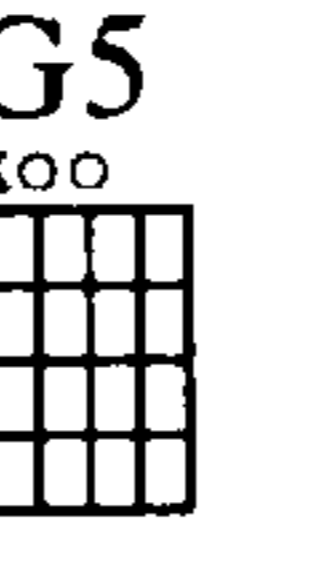
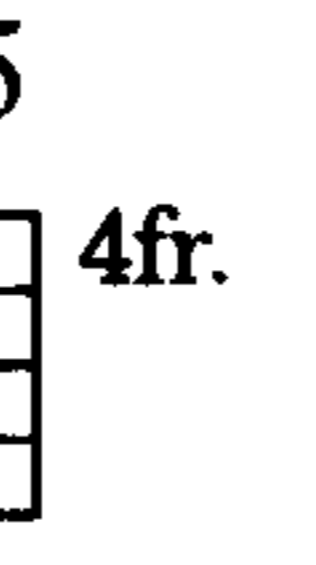
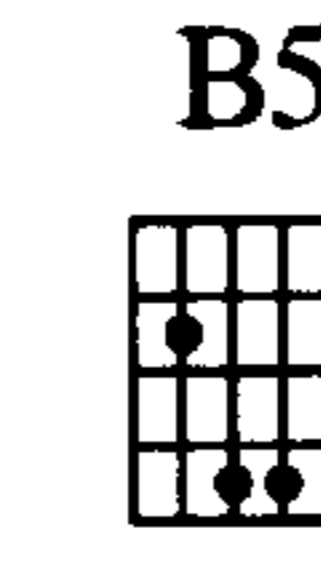
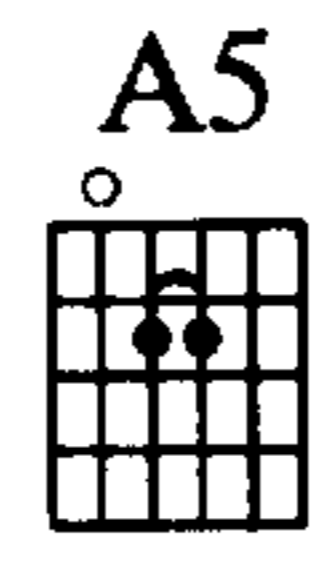
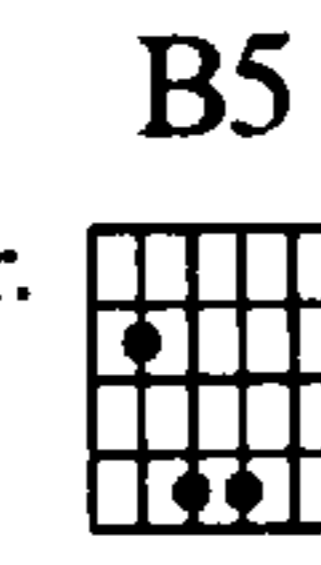
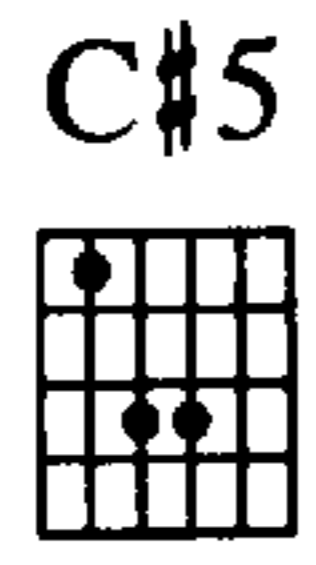
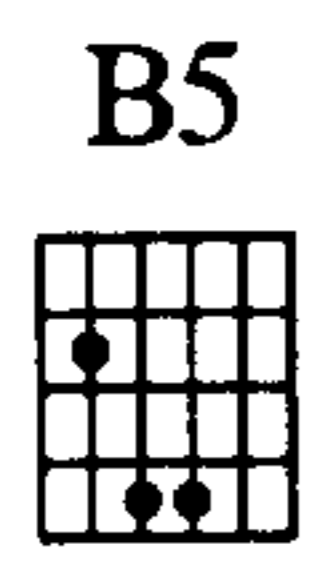
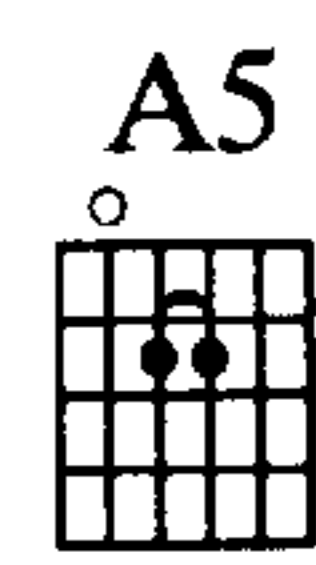
Piano accompaniment for the fourth system, showing treble and bass clefs. The treble line features a triplet of eighth notes in the first measure.



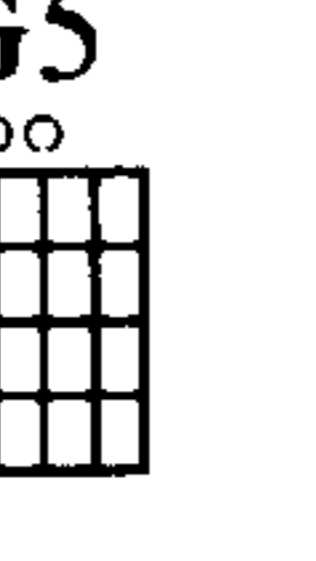
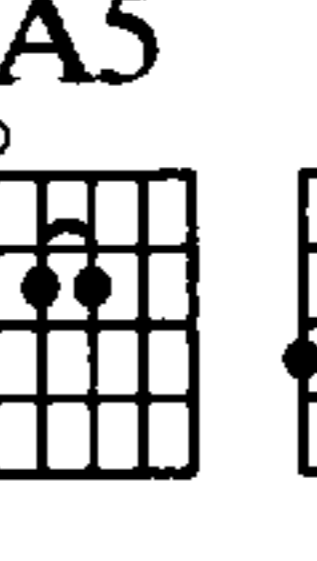
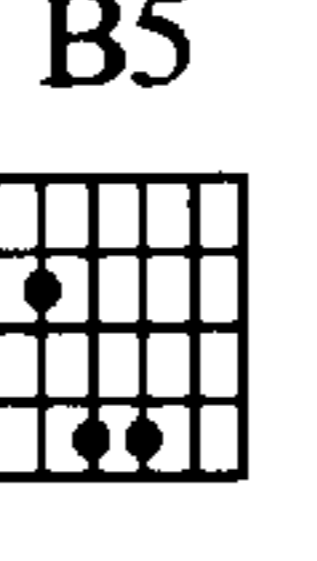
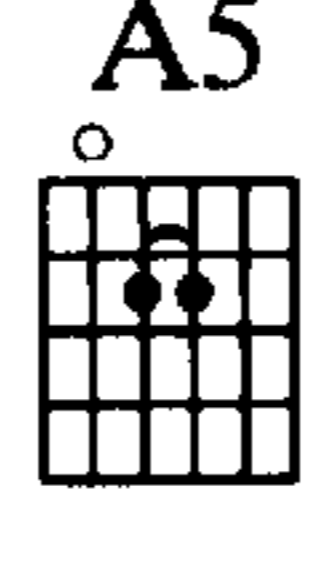
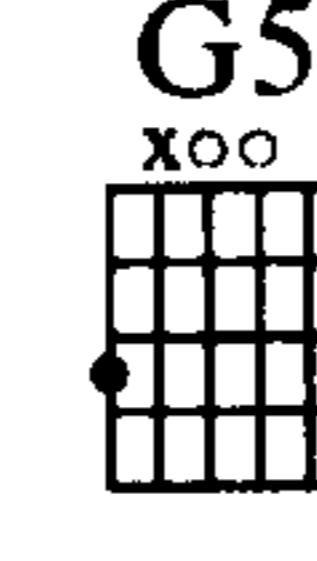
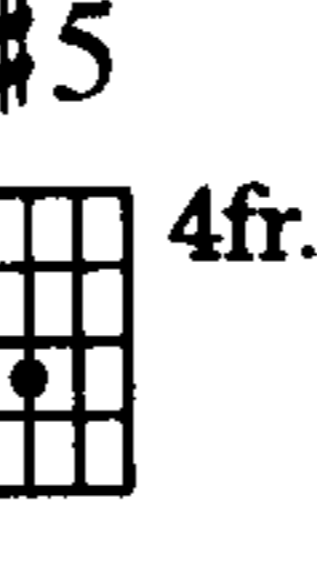
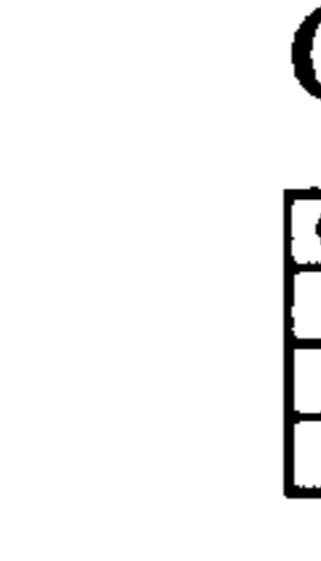
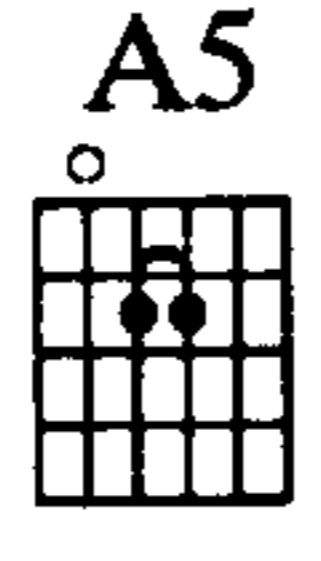
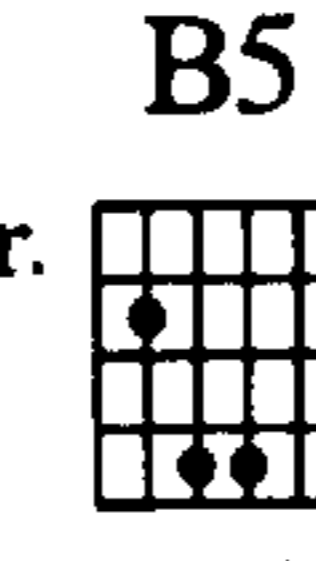
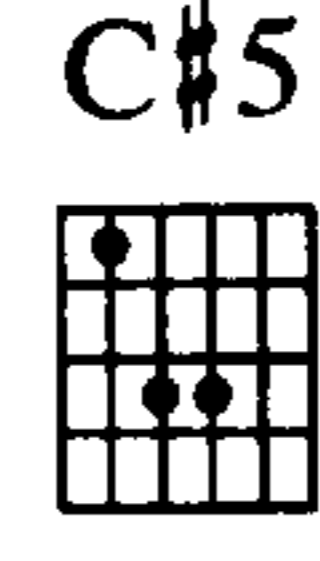
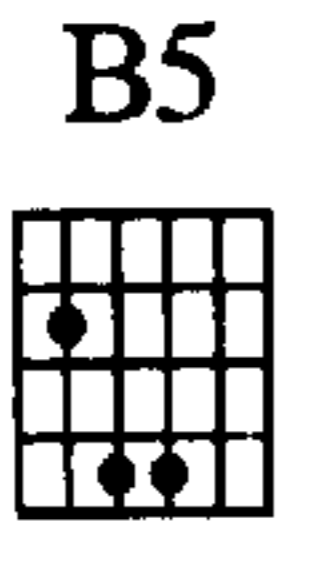
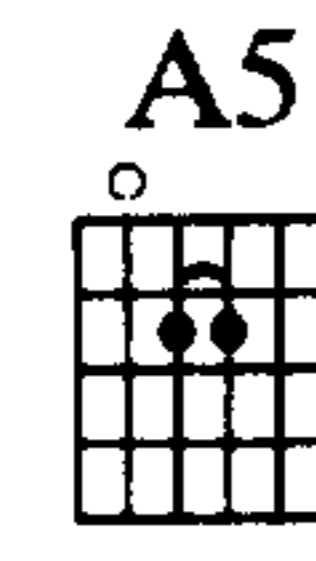
Musical notation for the first system, including a treble clef staff with a key signature of two sharps (F# and C#) and a piano accompaniment with treble and bass clefs. A triplet of eighth notes is marked with a bracket and the number 3.



Musical notation for the second system, including a treble clef staff with lyrics and a piano accompaniment. The lyrics are: "Now the world is gone, I'm just one.—"

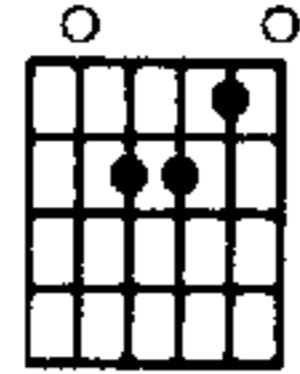


Musical notation for the third system, including a treble clef staff with lyrics and a piano accompaniment. The lyrics are: "Oh God, help me. Hold my breath as I wish for death.—"

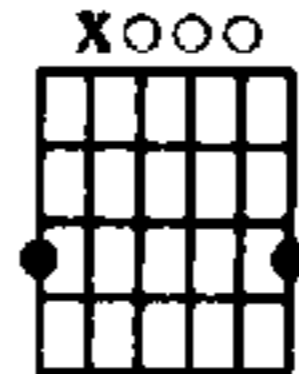


Musical notation for the fourth system, including a treble clef staff with lyrics and a piano accompaniment. The lyrics are: "Oh please God, help me!"

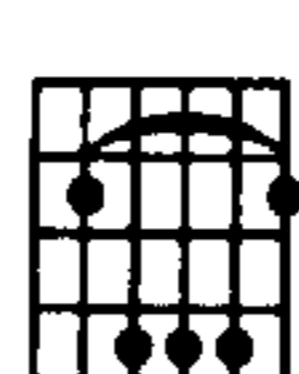
Am



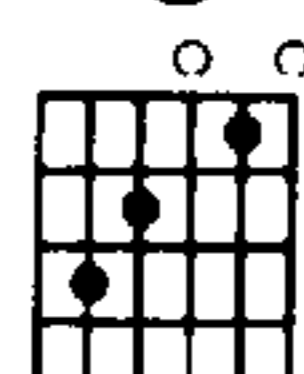
G



B



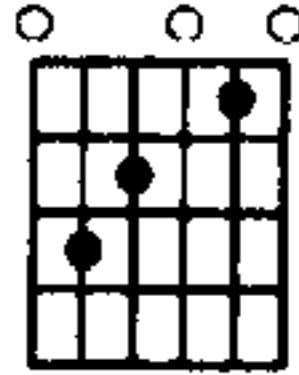
C



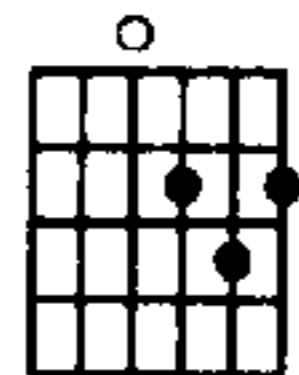
Play 4 times

The first system of music consists of a guitar staff and a piano staff. The guitar staff has a treble clef, a key signature of one sharp (F#), and a 3/4 time signature. It contains four measures of whole rests, with a repeat sign at the end. The piano staff has a grand staff (treble and bass clefs) with a key signature of one sharp and a 3/4 time signature. It contains four measures of music: the first measure has a quarter note chord in the right hand and a quarter note in the left hand; the second measure has a quarter note chord in the right hand and a quarter note in the left hand; the third measure has a quarter note chord in the right hand and a quarter note in the left hand; the fourth measure has a quarter note chord in the right hand and a quarter note in the left hand, ending with a repeat sign.

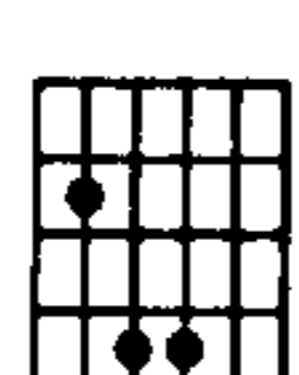
C/E



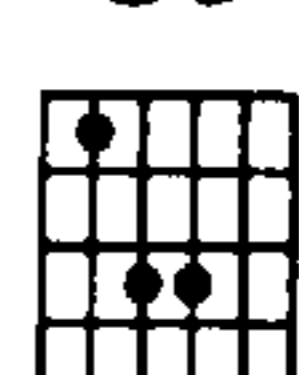
D



B5



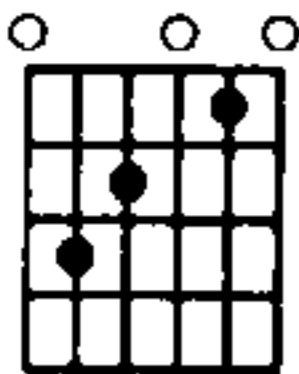
C5



3fr.

The second system of music consists of a guitar staff and a piano staff. The guitar staff has a treble clef, a key signature of one sharp, and a 4/4 time signature. It contains four measures of whole rests, with a repeat sign at the end. The piano staff has a grand staff with a key signature of one sharp and a 4/4 time signature. The right hand (R.H.) has a treble clef and contains four measures of music: the first measure has a quarter note chord, the second measure has a quarter note chord, the third measure has a quarter note chord, and the fourth measure has a quarter note chord. The left hand has a bass clef and contains four measures of music: the first measure has a quarter note chord, the second measure has a quarter note chord, the third measure has a quarter note chord, and the fourth measure has a quarter note chord. The system ends with a repeat sign.

C/E



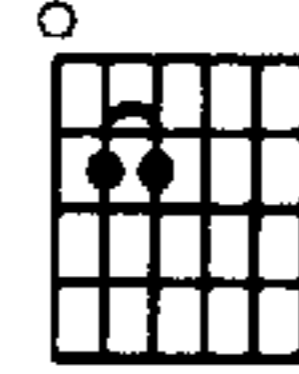
E5



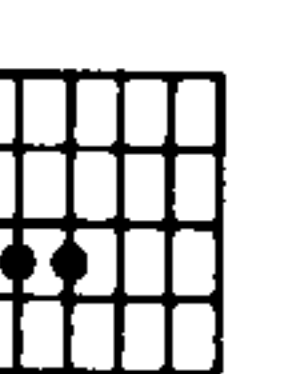
The third system of music consists of a guitar staff and a piano staff. The guitar staff has a treble clef, a key signature of one sharp, and a 4/4 time signature. It contains four measures of whole rests, with a repeat sign at the end. The piano staff has a grand staff with a key signature of one sharp and a 4/4 time signature. The right hand has a treble clef and contains four measures of music: the first measure has a quarter note chord, the second measure has a quarter note chord, the third measure has a quarter note chord, and the fourth measure has a quarter note chord. The left hand has a bass clef and contains four measures of music: the first measure has a quarter note chord, the second measure has a quarter note chord, the third measure has a quarter note chord, and the fourth measure has a quarter note chord. The system ends with a repeat sign.

Play 5 times

E5

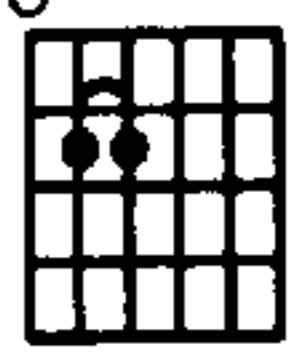


F5



The fourth system of music consists of a guitar staff and a piano staff. The guitar staff has a treble clef, a key signature of one sharp, and a 4/4 time signature. It contains four measures of whole rests, with a repeat sign at the end. The piano staff has a grand staff with a key signature of one sharp and a 4/4 time signature. The right hand has a treble clef and contains four measures of music: the first measure has a quarter note chord, the second measure has a quarter note chord, the third measure has a quarter note chord, and the fourth measure has a quarter note chord. The left hand has a bass clef and contains four measures of music: the first measure has a quarter note chord, the second measure has a quarter note chord, the third measure has a quarter note chord, and the fourth measure has a quarter note chord. The system ends with a repeat sign.

E5



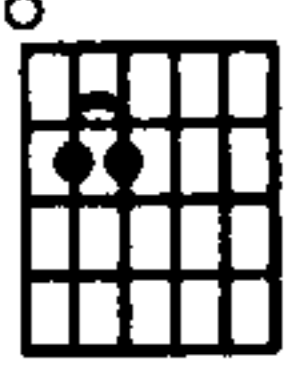
F5



Dark - ness im - pris - on - ing me, all that I see, ab - so - lute hor - ror!  
Land - mine has tak - en my sight, tak - en my speech, tak - en my hear - ing,



E5



F5

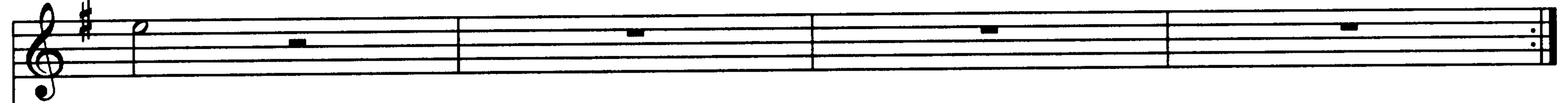


I can - not live! I can - not die! Trapped in my - self, bod - y my hold - ing  
tak - en my arms, tak - en my legs, tak - en my soul, left me with life in



1.

N.C.

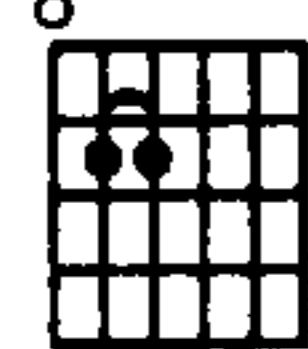


cell!

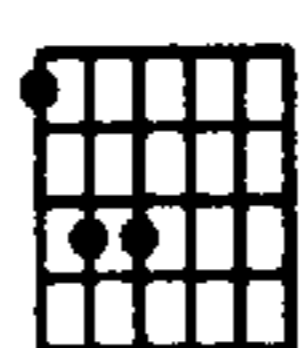


2.

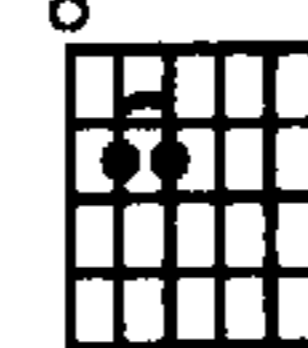
E5



F5



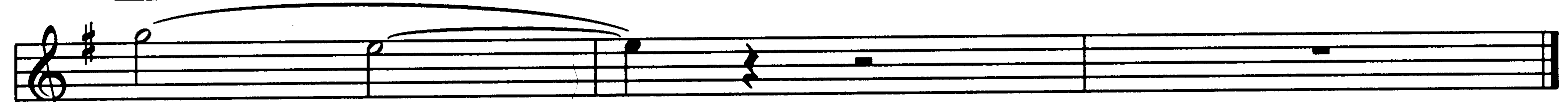
E5



F5



E5



hell! \_\_\_\_\_

